

LIFESKILLS



LIFESKILLS TRAINER

Jennifer Jacobson

816.843.3985

jennifer.jacobson@marines.usmc.mil

9th Marine Corps District

The lifeskills program aboard 9th Marine Corps District offers a wide variety of opportunities which can enhance ones capability to successfully meet the challenges of everyday life. The broad range of classes is designed to assist individual growth and strengthen ones focus on a successful life.

Emergency Disaster Program This program teaches the effective methods needed to prepare for an emergency or disaster that might happen at anytime. Don't be unprepared attend a class today!

Four Lenses- a Personality Diversity course driven at understanding different personalities to assist in leadership and learning. We all have different personalities and this class helps with the why.

Family Care Plan- Designed to assist families, in preparing for spouse deployment. Offers detailed information in family planning to meet the needs of separation or lost of love ones.

Elderly Care- Works with families to plan care for their elderly dependents. Important information for those caring for love ones.

Casualty Brief – Alerting families on the various options available when faced with a Military Casualty.

Prep- A marriage and relationship workshop geared at enhancing communication and commitment. Prep can provide concrete strategies and tools to build a rewarding relationship/marriage. Whether you're engaged or married 20 years this enrichment program is for you!

Credo-Chaplains Religious Enrichment Development Operation- Credo offers retreats that help people grow toward increased functional ability, spiritual maturity, acceptance of responsibility, and enhanced readiness.

SLS- Spouses Learning Series- SLS Provides Marine Corps spouses the opportunity to further their personal and professional growth through a series of workshops and online courseware. <https://www.usmc-mccs.org/sls/index.cfm>

If you are interested in any or all the topics listed contact Jennifer Jacobson